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<u>ABSTRACT</u>

A massage device for massaging a body part of a person in an unsupervised and unattended setting. The massage device includes a garment, shaped to provide a snug fit and having a plurality of bladders arranged along the garment to massage the body part. An inflation assembly supplies fluid pressure to each of the bladders to inflate the respective bladders. The bladders may have approximately the same inflated volume thereby equalizing the inflation volume of the respective bladders whereby substantially even inflation timing, with substantially even applied pressure, and, thus, overall smooth massage dynamics may be provided without overly complicated inflation fluid control (e.g., an inflation assembly which supplies a substantially constant inflation capacity to each of the bladders). The garment may include a pocket having an opening communicating with the respective bladders and tubing from the inflation assembly extends into this pocket. The inflation assembly may provide throttled deflation flow, tapered inflation/deflation patterns, and/or a zone selector which allows a user to select a certain zone of the garment.